



Topic:	Year group	Term
Safety and the changing body.	5	Spring Term 2023. (Kapow)

Background knowledge

This unit supports learning about their growing and changing bodies as they grow up and will help them feel more comfortable talking about the changes their bodies go through when they are older. It also teaches children about body awareness and consent. It aims to give children a starting point to deal with any unwanted physical contact they may experience.

What should I already know?

Pupils who are **secure** will be able to:

Understand the reasons for legal age restrictions.

Understand how quickly information can spread on the internet and some of the risks associated with that.

Assess and give first aid to a casualty who is having difficulty breathing due to an asthma attack.

Understand the difference between private and public, and secrets and surprises.

Understand how search engines work and whether information is useful.

Understand the changes they have already gone through and aware of some changes to come.

Understand that they will change physically as they develop into adults.

Understand some of the risks of smoking and some of the benefits of being a non-smoker.

Statutory objectives / Key Skills	The Journey
<u>Objectives</u> <u>To begin to understand some issues related to online friendships including the impact of their actions</u> <u>To learn about staying safe online</u> <u>To understand physical changes during puberty</u> <u>To understand the menstrual cycle</u> <u>To understand emotional changes during puberty</u>	<u>Quiz and knowledge catcher</u> - Online friendships - make pupils aware of child friendly Peer Abuse policy on website which includes sexting. - Staying safe online - Puberty - nurse? - Menstruation - nurse? - Emotional changes in puberty - nurse? - First Aid: Bleeding - ClaireDoc?

6. <u>To understand how to help someone who is bleeding</u> 7. <u>To begin to understand the influence others have on us and how we can make our own decisions</u> <u>Skills</u> • Developing an understanding of how to ensure relationships online are safe. • Learning to make 'for' and 'against' arguments to help with decision making. • Learning about the emotional changes during puberty. • Identifying reliable sources of help with puberty. • Learning about how to help someone who is bleeding.	7. Alcohol, drugs and tobacco: Making decisions Review and reflect on knowledge catcher.
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Outcomes

Working towards: I understand the difference between a friend, an acquaintance and someone I meet online. I can identify possible dangers online. I understand how the body changes as a child becomes an adult. I understand the process of the menstrual cycle. I understand that puberty may change my feelings as well as my body. I know that it is important to ensure the safety of myself and others. I can explain some things I can make my own decisions about.

Working at: I can explain the steps I should take before sending a message online. I can suggest ways to stay safe online. I can accurately label sexual external parts of the body. I can explain some changes I will go through during puberty. I understand that everyone is different and these differences are normal. I can assess a casualty's condition calmly. I understand that other people might try to influence my decisions and choices.

Working beyond: I can explain what is safe to share online and what I might need to think about and not share. I can use the web to find information about staying safe online. I can accurately label internal reproductive organs. I know who I can go to for help if I need to. I know who I can talk to if I am worried about anything. I can explain how to seek medical help if required. I know some strategies I can use to overcome pressure from others

Key Vocabulary

Attraction
Bladder
Breasts
Decision
Erection
Friend
Influence

Menstruation/period
Private
Puberty
Pubic hair
Scrotum
Testicles/testes
Vagina

Cross-curriculum links

Computing

use technology safely, respectfully and responsibly; recognise acceptable/unacceptable behaviour; identify a range of ways to report concerns about content and contact.

Science:

describe the changes as humans develop to old age.

recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function.

Assessment questions / outcomes

What should I share online?

Why should you only talk to people you know online?

What are the correct names for parts of the body?

What is a period?

What do we know about puberty?

Who and what influences our decisions?

British Values

